

Three Day Dietary Intake – Evaluation

Day _____ Date _____

	Foods Eaten	Number of Servings					
		Bread, Cereal, Rice, Pasta Group	Vegetable Group	Fruit Group	Milk, Yogurt, Cheese Group	Meat, Poultry, Beans, Eggs & Nuts Group	Fats, Oils, Sweets
Breakfast							
AM Snack							
Lunch							
PM Snack							
Supper							
Eve. Snack							
Total Servings							

Directions For Three Day Dietary Intake Evaluation

1. Complete the first column "Foods Eaten". Be sure to include the condiments, extras, snacks, and incidental foods that you might also have eaten in addition to meals. Be as specific as possible and include portion size where appropriate. For example: 4 oz. orange juice, small baked potato, 2 slices of a large pizza.
2. Once you have written down every thing you remember eating, estimate the number of servings of each food group that were contributed by the foods listed in the first column. A food like pizza may contribute 1 grain serving, 2 cheese servings, and 1 vegetable serving.
3. Total the number of servings in each food group at the bottom of the page.
4. Compare the totals to the Food Guide Pyramid. Over the three days, how well did your diet reflect the recommendations of the Pyramid?